



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35145, Stew, hominy with mutton (Navajo) ^a

Report Date: July 16, 2017 06:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	81.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	83	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	347	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	6.71	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	2.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash ¹	g	0.26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	9.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary ¹	g	2.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total ¹	g	0.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Sucrose 1	g	0.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch 1	g	6.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	0.81	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	82	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	118	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	1.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.089	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	4.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Niacin 1	mg	1.500	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.091	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-12 1	µg	0.64	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Retinol 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) 1	mg	0.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Tocopherol, gamma 1	mg	0.76	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) 1	µg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.733	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.034	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.392	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 ¹	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 ¹	g	0.271	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	0.897	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 ¹	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated ¹	g	0.038	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 ¹	g	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated ¹	g	0.835	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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20:1 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.287	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated ¹	g	0.232	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated ¹	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated ¹	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cholesterol ¹	mg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan 1	g	0.043	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine 1	g	0.238	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine 1	g	0.252	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine 1	g	0.536	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine 1	g	0.435	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 1	g	0.157	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cystine 1	g	0.074	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 1	g	0.257	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 1	g	0.183	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine 1	g	0.294	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine ¹	g	0.390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine ¹	g	0.164	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine ¹	g	0.423	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid ¹	g	0.526	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid ¹	g	0.986	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine ¹	g	0.447	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline ¹	g	0.385	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine ¹	g	0.251	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

Footnotes

^a Weight of serving based on limited samples and may vary widely.